

# EXPEDITIONARY FORCE

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7th Army Reserve Command, Schwetzingen, Germany

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STRATEGICALLY POSITIONED AND POSTURED FOR THE FUTURE

# EXPEDITIONARY FORCE



**COVER PHOTO:** Sgt. 1st Class Jerry Taylor, an Army Reserve Soldier with the 7th Army Reserve Command's Medical Support Uit-Europe, places mouflage on a Bosnian Soldier during combat lifesaver familiarization. (Photo by SFC Derrick Witherspoon)

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Photos by SFC Derrick Witherspoon



EXPEDITIONARY FORCE  
Magazine

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# COMMANDING GENERAL

Brig. Gen. Richard M. Tabor



To 7th Army Reserve Command, Soldiers, Civilians, Family Members, Alumni, and Friends: We are USAREUR's Army Reserve Expeditionary Force providing trained and ready units and Soldiers for USAREUR's peacetime and wartime missions. We have again shown V Corps, U.S. Army Europe, and the Nation that the 7th ARCOM can mobilize and deploy on short notice with units and Soldiers that can meet any challenge.

I want to highlight some of our accomplishments. We continue to support the Global War on Terrorism with the 7th Joint Task Force Augmentation Team mobilizing for its second rotation to Iraq; nearly 150 Soldiers from the 330th Support Center (Rear Operations Center); the 663rd Movement Control Team; the Southern European Task Force Augmentation Unit; a small 7th ARCOM detachment supporting NATO's International Security Assistance Force (ISAF); and Individual Augmentees from the 7th ARCOM headquarters mobilized for Operation Enduring Freedom in Afghanistan. They join our 464th

Replacement Company on a second rotation of handling the R&R mission at Rhein Main Air Base. On the home front we teach critical lifesaving techniques to Active Army, Air Force and even the Armed forces of Bosnia and Herzegovina. We provide crucial Theater Specific Individual Training to deploying Soldiers, civilians and contractors preparing to deploy to Iraq and Afghanistan and face the dangers of the War on Terrorism. We remain active in the international arena sharing knowledge in support of the Joint Contact Team Program throughout the EU-COM Area of Responsibility, while maintaining exchanges with Allied armed forces.

Our expeditionary focus - our ability to mobilize at home station and deploy on short notice with pinpoint precision - are changes the Chief of the Army Reserve wants to implement for the rest of the Army Reserve. This has long been the model created and used by the 7th ARCOM. Thanks to you all for making us the model command we are, for your Warrior Spirit, and for your continued support of your Army and Nation at War.

A special thanks to the families and loved ones of our 7th ARCOM Soldiers. You have been so patient and so supportive of our troops from the home front. They couldn't have made it without your love, your letters and e-mails, and those care packages during the long periods of separation. Finally, I salute you - the Soldiers of 7th ARCOM, past and present - for the sacrifices you make as Citizen-Soldiers serving your great Nation in the Army's only overseas reserve command. You are indeed "Twice the Citizen" and should take pride in a grateful Nation's recognition of your service, commitment, and sacrifice.



Once again the Soldiers and noncommissioned officers of the 7th Army Reserve Command have proven that we are indeed "All Ready, Already Here." With the unprecedented support of our families, friends and employers, we mobilized and deployed to multiple locations around the world in support of the Global War on Terrorism and other contingency missions. The Soldiers and noncommissioned officers of the 7th Army Reserve Command have been tested and proven repeatedly that they are flexible and responsive to whatever mission that is given to them.

Simultaneously, we were challenged to achieve and maintain an unprecedented level of tactical and technical proficiency by participating in rigorous exercises and time intensive training schedules. This dedication to duty was proven time and again by personal sacrifice coupled with extensive family and civilian employment separations. All of these challenges were met.

We are serving a nation at war and concurrently engaged in one of the most significant transformations that has ever been undertaken in the history of the Army and the Army Reserve. Streamlining the Army Reserve will present additional challenges to the Soldiers of the 7th ARCOM. Deployments to war and other contingencies are no longer the exception - peace is. Transformation is also no longer an exception. We will adapt and continue to organize, train, sustain, mobilize and deploy Soldiers and units



as part of a joint and interoperable expeditionary force.

Our impressive achievements over the past year have been underscored by the loss of two outstanding senior noncommissioned officers. Sgt. 1st Class Larry M. Garrett, 1st Infantry Division Rear Operations Center, and Master Sgt. Harlan E. Hellmuth, 1st Armored Division Rear Operations Center, passed away unexpectedly. Each of these outstanding noncommissioned officers epitomized the personal sacrifices that we all make. They provided solid leadership for their Soldiers and earned the respect of everyone that they served with. They will be sorely missed.

Looking forward, I am positive that the Soldiers and noncommissioned officers of the 7th Army Reserve Command will continue to evolve. We will continue to provide trained and ready members for the joint expeditionary force to meet any mission, anywhere in the world.

We are "All Ready, Already Here, Ready and Relevant."

# COMMAND IN SERGEANT MAJOR

## Command Sgt. Maj. Michael M. Harris



# History

**T**he 7th U.S. Army Reserve Command (ARCOM) consists of 23 drilling reserve units, with approximately 1,000 Soldiers, located throughout Germany and Vicenza, Italy. The 7th ARCOM provides U.S. Army Europe (USAREUR) with trained and ready units. As the Army's only reserve command totally stationed on foreign soil, the command's Citizen-Soldiers are "An Ocean Closer" to the world's potential trouble spots. Like our motto, "All Ready, Already Here," our units serve proudly alongside their parent active component USAREUR units.

This is a unique relationship – one of the most integrated in the U.S. Army between the active and reserve component – which fosters close teamwork and partnership. Reflecting this integration, command Soldiers wear their parent active component unit's patch and insignia. In Germany, 7th ARCOM's units are aligned under HQ, USAREUR; V Corps (their 1st Infantry/1st Armored Divisions and 3rd Corps Support Command); 21st Theater Support Command; 1st Personnel Command; the Europe Regional Medical Command; and work alongside the 7th Army Training Command. In Italy, our augmen-



tation unit (SETF AUG) falls under the Southern European Task Force (SETF).

Headquartered at Tompkins Barracks, Schwetzingen, Germany, the 7th ARCOM traces its history back to 1956, when the first U.S. Army Reserve units (four Army Reserve schools) were established in Europe. For over 30 years, Army Reserve Soldiers in Europe served under various structures until the 7th ARCOM activated provisionally in January 1986. On April 16, 1987, the Department of the Army approved the 7th ARCOM's authorization document, and in 1989,

it became a general officer command. In 1998, it was selected as the Army Communities of Excellence Award Winner (Reserve Category).

Five 7th ARCOM units mobilized and deployed with their affiliated active Army units in Southwest Asia for Operations Desert Shield/Storm. Nineteen of its units were mobilized and deployed in support of Operations Joint Endeavor and Joint Guard (OJE/G). 7th ARCOM Soldiers (330th Support Center) were the first USAR Soldiers to deploy in support of OJE/G. Three 7th ARCOM units (HQ, 7th ARCOM, 330th Support Center, and former 316th Support Center) received the Army's Superior Unit Award (ASUA) in recognition of their service while mobilized in support of



the Bosnia Peace Mission.

The 7th ARCOM has continued to support peace keeping operations in the Balkans with units and individual Soldiers over the nearly ten years that the U.S. Army has been committed there. From September 2002 through September 2005, one unit and more than 140 ARCOM Soldiers have deployed to the Balkans.

Experiencing one of the busiest periods in its history, the 7th ARCOM





Photo by SFC Derrick Witherspoon

mobilized and deployed 19 of its 23 units and more than 400 of its 900 personnel in support of Operations Iraqi and Enduring Freedom from January through June 2003. At this current deployment's peak, the ARCOM had personnel serving in 13 different countries throughout Europe and the Middle East. More than 200 personnel were deployed to Iraq and Kuwait for Operation Iraqi Freedom. The 7th ARCOM was awarded the Army Chief of Staff Deployment Excellence Award in the

Supporting Unit Category in August 2003 for its outstanding performance during this critical mobilization.

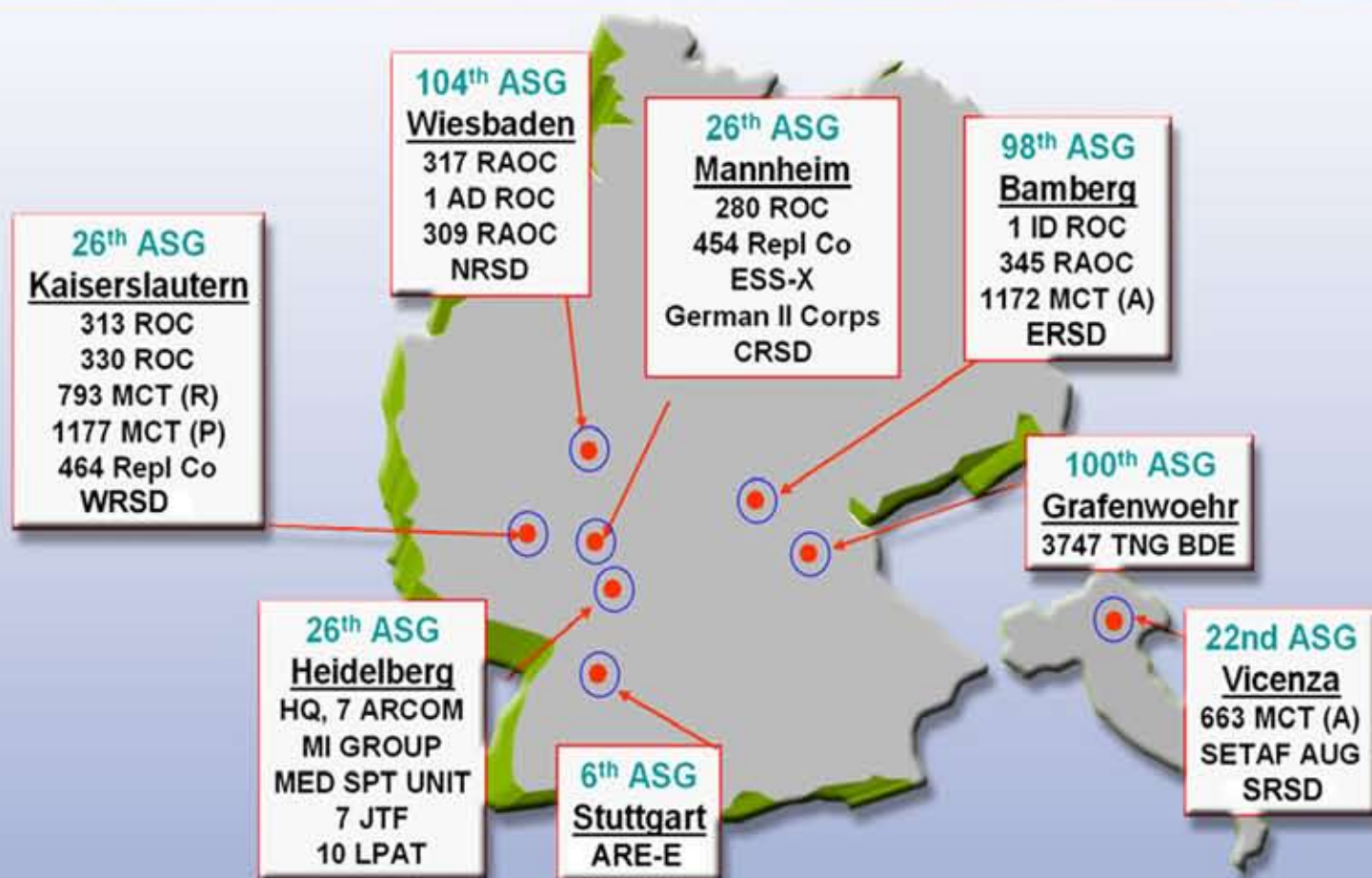
The Command continues its support to the Global War on Terrorism with two units and about 100 individual augmentees in Afghanistan supporting Combined Joint Task Force 76. Additionally, at home in Europe, the 7th Army Reserve Command's Medical Support Unit- Europe, teaches deploying active duty service members

Combat Lifesaver Training. The 7th Army Reserve Command's 3747th Multi-functional Training Brigade in Grafenwoehr, at the request of USAREUR, is conducting theater specific individual readiness training (TSIRT) to deploying service members, contractors and DOD civilians.

Last but not least, the 464th replacement company continues to conduct rest and recuperation missions, (R&R), at Ramstein Air Base.



# 7th Army Reserve Command



## 7th ARCOM Unit Locations



nd



# 7th ARCOM Unit Alignment



V CORPS

280th ROC

7th AUG

309th RAOC

10th LPT AUG

317th RAOC

454th Repl Co

345th RAOC

1172nd MCT (A)

GE II Korps AUG



1st ID

1st ID ROC



1st AD

1st AD ROC



USAREUR

7th ARCOM

HHC 7th



SETAF

SETAF AUG



1st PERSGOM

464th Repl Co



USAREUR

MIG-E



MEDDAC

MSU



7th ATG

3747th TBE



1st TSC

313th ROC

330th ROC

663rd MCT (A)

793rd MCT (R)

1177th MCT (P)



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# *Families*



Photo by SFC Derrick Witherspoon

# Families lead way

Story and photos by  
SFC Derrick Witherspoon

**T**he Army Reserve's ability to train, maintain, and sustain itself is crucial to its success during military operations, such as Operations Iraqi and Enduring Freedom, but just as crucial to its success is something not discussed very often: a well established Family Readiness Group.

A great example of this is the Army Reserve's 1st Infantry Division (ID) Detachment Rear Operations Center's (ROC) Family Readiness Group (FRG) located in Bamberg, Germany. The 1st ID ROC FRG not only made sure that the unit family members were taken care of, but also tended to the needs of their Soldiers in Iraq. Now that the unit has returned after being deployed for 366 days, the Soldiers cannot sing the FRG enough praise for the job they did while they were supporting Operation Iraqi Freedom.

"This unit has one of the best FGRs I've ever seen," said Master Sgt. Andre Paige of the 1st ID ROC. "They sent out newsletters, packages, e-mails, you know, stuff for everybody. The biggest thing was they kept us informed on what was going on with our families, which helped put a lot of our minds at rest so we could concentrate on our mission."

DeLeslie N. Lowenthal, wife of 1st

Lt. Brandon F. Lowenthal of the 1st ID ROC, said the Family Readiness Group helped bring family members together who had something in common: a loved one away defending freedom.

"Some people don't know what it's like to have a Soldier deployed," said Lowenthal, tears filling her eyes as she gazed at her husband. "Some people don't know the impact it has on the family left behind. Thankfully we had a strong Family Readiness Group that communicated with us and kept us informed. It was wonderful how everyone stayed in contact with each other, no matter how far away you lived."

Col. Michael J. Sinnott, commander of the 1st ID ROC, knowing the importance of a Family Readiness Group, decided to leave one of his mobilized Soldiers at the unit in Bamberg to support the FRG while the unit was mobilized.

"I actually mobilized 25 Soldiers, but took only 24 with me," said Sinnott. "The 25th Soldier, Master Sgt. William Swanson, stayed behind as my rear detachment commander. His sole mission was to represent me and take care of our families."

Sinnott said with help from other members of the Family Readiness Group, Swanson produced a monthly newsletter, facilitated FRG meetings, kept family members in contact with their Soldiers in Iraq, mailed Soldiers care packages, and made sure family members' concerns were tended to.



**Sgt. Lawrence W. Flaig, an Army Reserve Soldier with the 1st Infantry Division Detachment Rear Operation Center, holds his son close to his heart after a welcome home ceremony held in the unit's honor. Flaig was deployed with the unit for 366 days in support of Operation Iraqi Freedom.**



**Col. Michael J. Sinnott (right), commander of the 1st ID ROC, holds Renaldo Javier-Baez of the 1st ID ROC.**

"We captured from the beginning that taking care of our families while we were gone was going to be significant," said Sinnott. "Master Sergeant Swanson did a great job in making sure that mission was accomplished and the FRG played a big roll in our success by taking care of our families."

"I got a lot of support from the active duty units here," said Swanson. "I would go to their Family Readiness Group meetings and get ideas on how to make ours better."

Swanson said once they got the Family





under, 1st Infantry Division Detachment Rear Operations Center, gives Barbara Javier-Baez, wife of SSG C, a certificate for the outstanding job she did with the unit's Family Readiness Group.

Readiness Group going, the family members did a great job helping to maintain it.

"There were some rough times and it's a different experience to watch someone else's wife cry because they wish their husband was there to help them, but you deal with it and continue to focus on taking care of the family members and resolving what ever issue they have," said Swanson.

According to Swanson, the 7th Army Reserve Command Family Readiness

Group also played a big roll in their success by providing them essential information to pass on to the Soldiers and family members.

Lowenthal said every family member with a Soldier deployed should stay closely connected with their Family Readiness Group.

"It could definitely help ease a lot of their worrying and fears while their spouse is away," said Lowenthal. "I know that my faith in God and the Family Readiness Group were strong forces

that gave me the strength I needed to keep going. I'm just really glad my husband is back and I'm very proud of the job the unit did in Iraq."

A strong Family Readiness Group can definitely be the supporting force needed to help family members through long deployments and mobilizations, such as the 1st ID ROC's, but it can also be part of the supporting force that helps make a unit's, Soldier's, and family member's mission a success.



# 7th Army Reserve Comm





# Command Family Photo Album









# *Soldiers*







Sgt. 1st Class Joe Martinez (left), 3747th Multifunctional Training Brigade-Europe, coaches Capt. Chris Mariani, Headquarters and Headquarters Company, 12th Aviation Brigade, on the M-9 Range.

# TSIRT

## Theater Specific Individual Readiness Training

Story and photos by  
SFC Derrick Witherspoon

“The world has changed hugely, and we now find ourselves at war and must continue to train for our tasks, whatever they may be, under realistic conditions that threaten our Soldiers’ lives,” said Lt. Gen. James R. Helmly, Chief, Army Reserve, in reference to essential war fighting training being provided by Army Reserve Soldiers in Europe.

The European based 7th Army

Reserve Command’s 3747th Multifunctional Training Brigade-Europe (MFTB-E), located in Grafenwoehr, was recently given the mission of training individual Soldiers, Department of the Army civilians and military contractors deploying to Iraq and Afghanistan. The training, known as Theater Specific Individual Readiness Training (TSIRT), is designed to provide military personnel with the required training needed

for the country where they will perform their mission.

Maj. Mary C. Danner, operations officer for TSIRT, said Soldiers, DA civilians and military contractors from all over Europe attend the theater specific individual readiness training provided by the 3747th MFTB-E’s Individual Readiness Training (IRT) element.

“The intent is to get individuals who are cross leveled properly trained in seven days,” said Danner. “The Sol-



diers who come through our training are individual Soldiers. We do not train units because they train their own Soldiers. The Soldiers we get have usually been cross leveled into another unit that is headed to support an operation or are replacements for units that are already deployed."

The 3747th MFTB-E, IRT element, consisting of approximately 20 mobilized Army Reserve Soldiers, provides deploying Soldiers, DA civilians and military contractors with training such as: country briefs; convoy operations procedures; how to recognize and react to an improvised explosive device (IED); coping with combat stress; how to react to indirect fire; landmine awareness; first aid and much more to help them be safe and successful during their mission.

The Army Reserve Soldiers have also created a situational training exercise (STX) for the deploying personnel to help them get an idea of what they may encounter during their deployment. As the military personnel travel through this STX training, they are taught things such as how to spot IEDs on the side of the road, how to react to local nationals they may encounter, and how to probe for landmines.

Staff Sgt. James E. Johnson, a small group leader with the 3747th MFTB-E, IRT element, said the cadre puts 110 percent into every class that comes through the training.

"I feel good knowing that I'm helping my brothers and sisters in arms and helping them in a positive way," said Johnson. "If I can't go with them, I want to do what I can to help them on their way there."

Johnson added that the cadre's ultimate goal is to ensure every Soldier

comes back home safe and intact.

"I think this is an incredible asset for U.S. Army Europe," said Danner. "A lot of the Soldiers who come through this training think it's going to just be more boring classes, but by the end, they are amazed by how much we can teach them in a short amount of time."



**Staff Sgt. Phillip Wright (far left), 3747th Multifunctional Training Brigade-Europe, guides Lt. Gen. James R. Helmly (center), chief, Army Reserve, through the proper mine probing techniques while Col. Morgan Gray (right), the 3747th MFTB-E, brigade commander, Brig. Gen. Richard Tabor (far right), commander, 7th Army Reserve Command, and Maj. Jason Hogie (left), 7th ARCOM, look on.**

Capt. Chris Mariani of the Headquarters and Headquarters Company, 12th Aviation Brigade, located in Giebelstadt, Germany, went through the training in preparation for his deployment to Afghanistan in support of Operation Enduring Freedom. He said the training he received will definitely help him per-

form his mission much better.

"There's a lot of stuff we cannot do back at home station, like the IED classes and the country briefs, so it's great we can come here and get everything we need in one week," said Mariani. "This training could really save one of our lives one of these days - either in Iraq or Afghanistan for sure."

Spc. Jarrod H. Cunningham, a dog handler with the 554th Military Police Battalion in Stuttgart, Germany, said he was very impressed with the training the Army Reserve Soldiers provided.

"This training provides a lot of knowledge that I'm sure a lot of people don't know before they get deployed, and even if they do, it's a good refresher class, because once they get to where they're going, they will be doing the real thing," said Cunningham.

Helmly, who traveled to Grafenwoehr in May to get a firsthand look at the TSIRT, said he was very impressed with the training being provided by the Soldiers of the 3747th MFTB-E and couldn't emphasize enough just how important this training is to deploying Soldiers.

"There's nothing more important than training and it's not just any type of training, but training for whatever position you're in," said Helmly. "Be it field medic or commander. In the Army Reserve, frankly, we have had a past history where we have not trained our Soldiers under realistic combat type conditions, but training like what the 3747th Multifunctional Training Brigade is providing is changing that."

Helmly said the best life insurance we can provide our Soldiers today is training.



## Combat Life Savers: Conserv

Story by Maj. Dawn Flynn, MSU-E

**W**hen “boom” is heard on the battlefield, the next sound usually heard is, “Medic!” Unfortunately, today’s conflicts do not allow leaders to predict where a medic’s skills may be needed.

The Army recognized this gap, and developed the Combat Lifesaver (CLS) Course. A combat lifesaver receives medical training and learns hands-on

skills that can be used to prevent or treat life-threatening injuries in combat, or any other type of casualty-producing situation. The combat lifesaver has dual roles, which include working independently, as well as working under the supervision of a medic, as an “extension” of the medic.

Ninety-five percent of the casualties that are successfully evacuated to a medical treatment facility from their point of injury end up surviving their

injuries. The key is to provide immediate life-saving interventions in close proximity to the point of injury as quickly as possible. The combat lifesaver, upon completion of the 40-hour intense curriculum, can perform these skills. The combat lifesavers’ competencies include: treating a service member hemorrhaging on the battlefield by controlling the hemorrhage; initiating an intravenous infusion line; recognizing, preventing and controlling shock and keeping the casualty warm before





evacuation are life-saving skills that contribute to a casualty's survival on the battlefield.

Up until now, this specialized training has predominantly been offered to the ground troops. Because of the expanded role of the Air Force, branches such as their engineers, security forces and explosive ordnance disposal units recognize the need for combat lifesaver skills amongst their airmen. These CLS skills don't take away from a service member's primary mission, being a



(Left) Spc. Bart Bruley (middle), Medical Support Unit-Europe, helps Staff Sgt. Jasen Brouillette (left) find a good intravenous vein to stick Airman 1st Class Gary Magnelli during a Combat Life Savers (CLS) Class. Both Airmen are from the 48th Security Squadron, RAF Lakenheath, England. (Above) Sgt. David Deans, an Army Reserve Soldier with the 7th Army Reserve Command's Medical Support Unit-Europe, secures an Armed Forces of Bosnia and Herzegovina (AFBiH) Soldier into a litter. Soldiers from the MSU-E demonstrated how to load and unload a casualty into a military vehicle during CLS familiarization in Sarajevo, Bosnia-Herzegovina.

"CLS" is an additional duty for those that successfully complete the training.

Several military leaders are so impressed with the CLS, some mandate that 100-percent of their subordinates are competent as combat lifesavers before they deploy. The current requirement is only one CLS per squad, but some leaders' minimal requirements are two per vehicle.

The medical community, in order to meet this high demand, has turned to the 7th Army Reserve Command, to help meet this internally-driven requirement for deploying units from Europe. With over 65 percent of the Army Medical Department contained in the U.S. Army Reserve, the contribution from Army Reserve Soldiers in meeting this demand is invaluable, and

more than just the "one weekend a month."

Currently, CLS is the primary mission of the Medical Support Unit-Europe (MSU-E), and the 7th Army Reserve Command. Deploying USAREUR units that lack organic medical assets are fulfilling their CLS requirements through instruction from the MSU-E and 7th Army Reserve Command. The MSU-E has recently completed CLS instruction for over 30 USAFE airmen at RAF Lakenheath, England. To date, over 200 USAREUR Soldiers deployed as CLS with training from the MSU-E and 7th Army Reserve Command in the last 90 days.

Multi-component, multi-service, with one purpose, "Conserving the fighting force!"



# ROMEX 2005

Story and photos by  
SFC Derrick Witherspoon

Working side-by-side, Army Reserve Soldiers from the 7th Army Reserve Command (ARCOM) trained along with their new Romanian allies during the largest bi-lateral training exercise in Romania since the end of World War II.

Army Reserve Soldiers from the 7th ARCOM participated in Romanian Exercise (ROMEX) 2005 in Babadag, Romania, providing force protection to all the personnel involved in the event. Approximately 32 Army Reserve Soldiers, along with military police from the Romanian Army and an anti-terrorism force protection force from Bucharest, provided security for approximately 1,400 military personnel and civilians during ROMEX 2005. Also participating in the exercise, which took place at the Babadag Training Area, were Soldiers from the Active Army, Army National Guard, and Air Force.

Army Reserve units that participated in the exercise were: 1st Armored Division Rear Operations Center, Wiesbaden, Germany; 1172nd Movement Control Team and 345th Rear Area Operations Center, Bamberg, Germany; and the 317th and 309th Rear Area Operations Centers, Wiesbaden, Germany.

As part of their force protection duties, the Army Reserve units were tasked to provide security for the logistical support area where the personnel involved in the exercise were



**Maj. Tony A. Francia (right), anti-terrorism force protection level two officer for Romanian Exercise 2005, talks with Romanian military police about an upcoming force protection mission. Francia is a member of the 7th Army Reserve Command's 1st Armored Division Rear Operations Center located in Wiesbaden, Germany.**

located, the local training areas where the American and Romanian Soldiers were training together, and the escort of various convoys that were traveling to and from the Babadag Training Area. The Army Reserve Soldiers also performed morning and night patrols with the Romanian military police, which covered an area of approximately 100 kilometers wide by 300 kilometers deep and stretched out to the coast of

the Black Sea.

Maj. Tony A. Francia, anti-terrorism force protection level two officer for ROMEX 2005, said in conjunction with providing force protection for ROMEX 2005, one of the main goals of the exercise was to establish a working relationship with their new North Atlantic Treaty Organization

(NATO) Romanian allies.

"Considering Romania just became a member of NATO last year, we thought this would be a great time for them to know us and see how we conduct our force protection mission and for us to see how they conduct theirs," said Francia.

"This mission gave us a very significant amount of interaction with our Romanian counterparts and it gave us a great appreciation of what they can do when it comes to force protection," said Maj. Byron Johnston, operations officer for force protection.

Johnston said the Romanian military police were incredibly professional at conducting their force protection mission.

"They understand the difference between our system and theirs, as far as how we conduct business in the military and conduct force protection, and they fully understand how important force protection is in today's world, with the ever present threat of terrorism," said

*"This is a great opportunity for us to work with the American Soldiers..."*

Master Sgt. Remus Banna





Photo manipulated by SFC Derrick Witherspoon

**Spc. Kenneth Brown (middle), an Army Reserve Soldier with the 317th Rear Area Operations Center, talks over force protection issues with Romanian military police outside of the Babadag Training Area.**

Johnston. "We had two Romanian units working with us. There was the Romanian Army military police unit and an anti-terrorism force protection force. We got to see two different units, how they operate, what they do and how they do it, and what we can take from it to make us a better force as well."

Maj. Donovan Avery, commander of the 1st Armored Division Rear Operations Center, said it was a great experience working jointly with the Romanian Soldiers.

"We performed daily joint patrols with the Romanian military police and this truly helped us build that working relationship we were looking to gain from this exercise," said Avery. "I would go to war and fight side-by-side with these Soldiers any day."

"This is a great opportunity for us to

work with the American Soldiers who perform the same force protection job as we do," said Master Sgt. Remus Banna,



**Soldiers from the Romanian military police discuss the details of their mission as they prepare to go out on a night patrol with Army Reserve Soldiers participating in Romanian Exercise 2005.**

first sergeant of the Romanian military police company participating in ROMEX 2005. "We did a great job together. Through communication with each other, we were able to have a successful exercise and solve any problems that came our way."

Banna said a lot of Romanians have been waiting for years for Romania to be part of NATO and he was glad to see that wait come to an end and to be training with his new NATO partners.

Working side-by-side, American and Romanian Soldiers may have learned new skills from each other, but as new NATO allies, they took away the knowledge of knowing that strong friendships were made that will hopefully help continue to conquer global terrorism.





# Bringing home the troops

Story and photos by  
SFC Derrick Witherspoon

As the plane traveling from Iraq landed upon the cold, dark tarmac, filled with Soldiers returning from supporting the Global War on Terror, the 1172nd Movement Control Team (MCT) knew it was time to once again help get some of their fellow infantry comrades back home.

The 1172nd MCT, an Army Reserve unit located in Bamberg, Germany, spent the month of March in Nurnberg, Germany, supporting the 27th Transportation Battalion (Movement Control), an active duty battalion that provides movement control and transportation support throughout various parts of Europe. The unit's mission was to help the 27th Trans. BN (MC) ensure the efficient and safe redeployment of Soldiers returning from supporting Op-

eration Iraqi Freedom. With a total of 11 Soldiers, the 1172nd MCT performed that mission and then some.

*"I've been in the reserve component now since 1993 and these guys are all Hooah."*

Capt. Raymond Ireland

Capt. Raymond Ireland, commander of the 1172nd MCT, said the unit's mission involved a number of tasks to help smoothly and swiftly inprocess Soldiers arriving from Iraq. He said the Soldiers had to be given a briefing before debarking the airplane; they had to be loaded onto buses and taken to the inprocessing

area; each Soldier on the airplane manifest had to be accounted for; the Soldiers had to be briefed again once inside the inprocessing area; they had to be released to gather their bags, go through customs, and finally load buses that would carry them back to their units. Ireland added that the 1172nd MCT helped inprocess a total of five flights and approximately 1,200 Soldiers.

Ireland said their goal was to have the entire process completed within 90 minutes. He said that was everything from briefing the Soldiers on the airplane to getting the last bus out of the gate, but their average was around 94 minutes per flight. He added that there were also some behind the scene things his Soldiers helped with.

"We had Soldiers performing some behind the scene jobs that played a big roll in the overall mission," said Ireland. "Some of the Soldiers helped download the bags from the airplane and others helped separate the bags and assisted the Soldiers by



carrying their bags to the buses - and you're talking about over 200 bags just for this last flight alone."

Ireland said he was glad that his Soldiers were able to perform this mission as part of their annual training, because not only were they performing their real world mission, but some of the Soldiers had a personal interest in it.

"Initially I brought 11 Soldiers here with me, but only five were able to perform 14 days, the other six volunteered to stay until the mission was complete, which is around the end of March," said Ireland. "One thing that motivated those six Soldiers to volunteer and stay was, a lot of them used to be combat arms and were in the 1st Infantry Division. Some of them saw their previous company commanders and friends from their old active duty units and saw how important this mission was and wanted to stay and support their former colleagues."

One of those six volunteers was Spc. Jason Palos, a former active duty infantry Soldier who joined the 7th Army Reserve Command's 1172nd MCT and became a motor transport operator. Palos said the mission became personal to him because he began to see a lot of his active duty infantry friends coming off of the airplanes. He added that it was the least he could do for them.

"It makes me feel good to be one of the first people that were able to welcome the Soldiers back home," said Palos. "A lot of them are my friends, so they would get excited when they saw my face, or actually saw a familiar face, when they got off the plane."

Ireland said he was very impressed with the outstanding job his Soldiers performed.

"I've been in the reserve component now since 1993 and these guys are all Hooah," said Ireland. "They are primarily former combat arms Soldiers and they are motivated, and they enjoyed doing a real world mission. We were initially scheduled to support another mission, but because of the priority of this one, we were asked to come here and support the

27th Transportation Battalion, and I was more than glad to comply."

"It's been absolutely wonderful working with these Soldiers," said Col. Wayne L. Stultz, commander, 27th Transportation Battalion (MC). "The Soldiers from the 1172nd were very professional, and I've watched the Sol-



**(Above) Spc. Jason Palos, an Army Reserve Soldier with the 1172nd Movement Control Team (MCT) located in Bamberg, Germany, separates bags of Soldiers returning from Iraq so they will be able to locate them easier. (Left) Spc. Robert Odom (right), also with the 1172nd MCT, helps a Soldier returning from Operation Iraqi Freedom with his rucksack. The 1172nd MCT helped download and separate over 200 bags this day.**

diers every step of the way, and the way they integrated with my Soldiers

was very seamless. They worked really hard, with very little guidance, and they obviously know what they're doing. I must say I'm very impressed with the job they did."

Stultz said that it's very important for the Active Army, Army Reserve, and Army National Guard to continue to work as an Army of One in order to ensure the success of the missions we are being faced with today.

"It's needless to say that it's very important that we continue to find ways to work together, only because our nation is at war and will be at war for quite some time and the more we fight, the more we will have to rely on the Army Reserve and National Guard," said Stultz. "It's very important that on every occasion we integrate them into our training plan, and that's something that I have pushed aggressively with my battalion because it's absolutely critical."

Ireland said he spoke for all of his Soldiers when he said how much of an honor it was for the unit to have been afforded the opportunity to perform this mission.

"Whenever I greeted the Soldiers I tried to put a smile on my face, because they probably hadn't seen many of those in the last few months down in Iraq," said Ireland, gazing at the sea of Soldiers' faces that sat before him.

Ireland should definitely know what the Soldiers were going through, because the 1172nd MCT returned from supporting Operation Iraqi Freedom early last year. So, they were once in the same "boots" as the Soldiers they were helping.

"When you look at these Soldiers you can tell that they have a lot on their minds, even when they were in the back grabbing their bags, some of them were just a little..., you know, you can kind of tell they had a lot on their minds, but I'm glad we could help them in some way," said Ireland.

So, as the 1172nd MCT once again helped get Soldiers returning from Iraq processed and on their way home, they knew they were doing something that was not only important to the Soldiers, but also important to them.



# Parlez français

Story and photo by  
SFC Derrick Witherspoon

For most Army officers, preparing for and attending the Command and General Staff College can be quite challenging, but try attending the same type of course in France and throwing French into the equation. That's just what one 7th Army Reserve Command (AR-COM) officer did as he attended the French Army Reserve Staff College located in Paris, France.

Every year the French Army Reserve Staff College, located at the Paris-based Ecole Militaire (French term for military school), conducts a three-week course for approximately 80 French Reserve Officers in the month of August. Maj. Robert A. Grumberg, former commander, 7th ARCOM, Headquarters and Headquarters Company, was chosen to be the first U.S. Soldier to attend the prestigious school – which was once attended by Napoleon Bonaparte.

"When General Tabor called me and asked me if I would like to go, I told him that I would be honored," said Grumberg. "I read an after action report from a mission the 7th ARCOM did with the school in 2000 and the commandant of the school said he would like to have one of our Soldiers attend the French Army Reserve Staff College. Because of the operations we were going to be involved in during 2001 and 2002, we didn't have anyone qualified to go."

Grumberg said in 2004 the French military school sent another invitation to the U.S. Embassy, to U.S. Army Europe, and then down to the 7th ARCOM inviting two Army Reserve Soldiers to attend its French Army Reserve Staff College.

"Finally, the 7th ARCOM received another invitation to send



**Maj. Robert A. Grumberg (second row, far right) poses with some of his classmates from the French Army Reserve Staff College during a class photo. Grumberg was the first American Soldier to attend the military school located in Paris.**

two reserve officers to the school," said Grumberg. "So, when General Tabor called me and asked if I would like to go, I was more than ready, but the other officer who was supposed to go was unable to attend, so I ended up being the only one who attended."

Grumberg was chosen by Brig. Gen. Richard M. Tabor, 7th ARCOM commander, to attend the school because of his background in French culture and his ability to speak the language.

"I chose Major Grumberg for many reasons, not the least of which was his fluency in French, which is a requirement to attend this course," said Tabor. "I was certain he would do well, knowing the caliber of this outstanding officer."

Grumberg said that his background in French dates back to his father.

"My father was born and raised in Paris and later immigrated to America, but he never spoke French at home, so I learned French at school," said Grumberg. "I was also able to take a little French in college and when I was stationed in Baumholder, Germany, I started learning a little more, basically through self-study."

Grumberg said his wife, who is from France, also helped him with his French and he also had a private tutor

that helped him once a week. He added that his training in French helped him greatly while he was attending the course, which is geared toward officer development.

"The goal of the course is to certify an officer to be qualified to work at a brigade or division staff level," said Grumberg. "It is probably the equivalent of CAS3 (Combined Arms and Services Staff College) and CGSC (Command and General Staff College)."

Grumberg said the course consisted of two weeks of classroom training and one week of a brigade level exercise. He added that the course was difficult, but he was well prepared.

Grumberg said that overall, attending the French Army Reserve Staff College was a great experience for him and now the school would like more American officers to attend the course. They have also asked to have an American officer come to the school and be an instructor. Tabor said because of the necessity to be fluent in French, it will be challenging for the 7th ARCOM to find officers to attend the French Army Reserve Staff College next year, but not impossible, as seen with Grumberg.





Lt. Col. Harald N. Lange (left), a German Army officer, shows U.S. Soldiers from the 7th Army Reserve Command how to operate a German machine gun (MG3) in preparation to obtain the German Schuetzenschnur.

# Aiming for Schuetzenschnur

Story and photo by  
Sgt. Osvaldo Sanchez

U.S. and German Army Reserve Soldiers came together in Bruchsal, Germany, to place their sights on training, building camaraderie and earning the German Schuetzenschnur.

Army Reserve Soldiers from the 7th Army Reserve Command (AR-COM) were invited to compete for the "Schuetzenschnur," which is German for marksmanship badge. The American Soldiers, along with German Soldiers, attempted to earn the Schuetzenschnur based on how they qualified with three German service weapons: infantry rifle (G3 or G36), pistol (HK P8) and machine gun (MG3).

"The Schuetzenschnur is a silver

lanyard – silver for Army and Air Force and blue for Navy – with a plate bearing the German Eagle," said Lt. Col. Harald N. Lange, German Army Reserve officer in charge of coordinating the event. "This plate is in bronze, silver or gold depending on the qualification achieved. It is awarded for good marksmanship."

Lange said the Schuetzenschnur dates back to 1720 when it was a silver string used to decorate Prussian Army infantrymen.

"After the German kingdoms were unified in 1871, the German Army was restructured," said Lange. "In 1892 the German emperor Wilhelm II introduced the marksmanship string in the German Army. It was given in four steps. Only the best 12 officers and noncommissioned officers of a battalion as well as

the seven best marksmen of a company could acquire the marksmanship string, which was distributed annually."

Lange said many changes have taken place with the Schuetzenschnur over the years; one being that officers can no longer wear the badge and another being that females can now qualify for the Schuetzenschnur.

"A relationship is always something that is built up by people in the first instance," said Lange. "So bringing the people together to have a good day out, doing military training, speaking with allies and having fun together is always a good starting point. We are really looking forward to having the next event together with our American friends."



# Honoring our fallen Soldiers

Story and photo by  
SFC Derrick Witherspoon

As the cold wind blew like a whisper through the white cross and star-shaped tombstones, a sense of honor, love and respect began to fill the frosty air as families, friends and guests gathered at the Brookwood American Cemetery to pay respect to deceased service members from World War I.

Soldiers from the 7th Army Reserve Command (ARCOM) participated in a Remembrance Day ceremony held at the 4.5 acre cemetery in November. The ceremony, which is supported by various American women's associations located throughout England, was held in honor of 468 World War I American service members laid to rest in the cemetery.

"A friend of mine, Mrs. Bella Turner, came across the ceremony at Brookwood several years ago and realized that few people in the American community even knew about the existence of the cemetery, much less that there was a Veteran's Day or Remembrance Day service there," said Jana Boggus, a member of the American Women of Berkshire and Surrey. "At that time, Bella was a member of the Chiltern's American Women's Club, so she and a handful of women from that club first organized the service nine years ago."

Boggus said Turner got several organizations and schools involved in the ceremony each year and when Turner moved to Surrey, she also joined the American Women of Berkshire and Surrey and helped them get involved.

"When I moved to England in 2001, Bella asked if I would like to help out with the service," said Boggus. "I assisted her in 2001 and 2002, and then in the summer of 2003, she and her husband moved back to the

United States and I took over the organization of the event."

Boggus said what really made Turner so interesting was the fact that she did not become a U.S. citizen until 2003. Although she grew up in Buffalo, N.Y., married an American, and her children are American, it took many years and lots of unbelievable red tape for her to finally become a citizen herself.

"I guess the point of that little tidbit of information is that the entire time she was involved in organizing the American Veteran's Day service here, she wasn't even an American citizen," said Boggus. "I think she always felt so strongly about our country and what it stands for that she felt a duty to honor our veterans each year."

particularly those who made the ultimate sacrifice for our country," said Tabor. "No matter what our involvement is in other operations, such as Operation Iraqi Freedom, Operation Enduring Freedom, and in the Balkans still to this day, it's always important that we maintain relations with our allies and that we demonstrate that we are involved and that we do indeed care; particularly in such commemorative events such as Veterans' Day, Memorial Day, and Remembrance Day ceremonies like the one held at Brookwood American Cemetery."

"I hope everyone back home and all those Americans living abroad



**Brig. Gen. Richard M. Tabor, commander of the 7th Army Reserve Command, places a wreath on the steps of the Brookwood American Cemeteries Chapel Memorial.**

Brig. Gen. Richard M. Tabor, commander of the 7th ARCOM, said he felt the same duty and loyalty and was honored to be invited to be a speaker at the ceremony.

"It's always an honor to be invited to participate in anything of this nature that commemorates our veterans and

realize how important it is to honor and recognize our veterans, but even more important, that we pass this on to our children and our children's children," said Boggus. "We want them to understand the sacrifices that these men and women have made and continue to make every day."





Brig. Gen. Richard M. Tabor, commander, 7th Army Reserve Command, stares into the crowd as the mayor of Taglio Di Po, Dr. Margaret Crivellari, reads the certificate declaring him an honorary citizen of the town.

## General receives honorary Italian citizenship

Story and photo by  
SFC Derrick Witherspoon

After fighting side-by-side and taking many casualties to liberate Italy during World War II, American and Italian Soldiers once again came together, but this time to celebrate the liberation of Italy and the honorary citizenship of an American Soldier.

Soldiers from the Europe based 7th Army Reserve Command (ARCOM), Italian Army and local civilians of Taglio di Po, came together in April to celebrate the 60th Anniversary of the liberation of Italy and to honor those who lost their lives in the war. In 1945, allied forces, Italian Soldiers and resistance partisans stood together, some giving their lives, so Italy could have a free democratic society. After almost two years of

fighting up the rugged mountainous spine of the narrow Italian peninsula, from ridge line to ridge line and valley to valley, taking great casualties, hostilities were ended and the Italians were finally liberated.

***“This was a very important moment for my family and me...”***

Brig. Gen. Richard M. Tabor

Brig. Gen. Richard M. Tabor, 7th ARCOM commanding general, was invited to speak at Taglio di Po's 60th Liberation Anniversary celebration. Tabor said it was a necessity that the U.S. and Italian forces worked together to liberate Italy.

“I think it's very important that we were together, the Americans and the Italians, during the last two years

of the war and liberated Italy – together – with the Italians, and I think it's very important that we show our respect for their contributions during the Second World War,” said Tabor.

Topping the ceremony off, Tabor, whose wife, Luciana, is a native of Taglio Di Po, was awarded honorary citizenship by the town mayor, Dr. Margaret Crivellari. He said it was done primarily by the Italian Reserve Association, who brought it up about a year ago and thought it would be an appropriate time to provide him with honorary citizenship in conjunction with the celebration of the liberation of Italy.

“This was a very important moment for my family and me, considering I have had a relationship with the town for over 35 years,” said Tabor, a new honorary citizen of Italy.



# Chief of Army Reserve shares vision with Soldiers

Story and photo by  
SFC Derrick Witherspoon

"It's up to us to ensure our Army remains the best Army in the 21st Century, not just the 20th Century," said Lt. Gen. James R. Helmly, Chief, Army Reserve, during a Battle Focus Readiness Review briefing recently held at the 7th Army Reserve Command (ARCOM) in Schwetzingen, Germany.

Helmly attended the one day briefing at the 7th ARCOM as part of a trip designed for him to visit the command and Army Reserve Soldiers mobilized in support of military operations in Southwest Asia. Helmly also shared his vision for Fiscal Year 2005 with the command, which is making sure Army Reserve units and Soldiers are equipped with everything they need to accomplish their missions.

The Battle Update Briefing allowed Helmly to see if the 7th ARCOM, which is the Army Reserve's only reserve command totally stationed on foreign soil, is equipped and ready to handle any mission that might come its way. After the briefing, Helmly said the command has a lot of really good initiatives and he was very favorably impressed with the job it's doing.

"I'm as impressed with the 7th ARCOM's initiatives and innovation as I am with the statistics and reports that were presented to me," said Helmly. "We need to be more than less when it comes to being innovative. We must remember to be more forward thinking. The 7th ARCOM has some programs established here that are headed in that direction."

With talks of a possible drawdown of military forces in Europe, Helmly said it's more of what's best for the country; what's best for the Army; and how can the 7th ARCOM contribute to whatever may come of

a possible drawdown.

"I believe the 7th ARCOM Soldiers have a bright future ahead of them here in Europe," said Helmly. "Looking at the statistics, there are some people who think that in order to recruit people into the Army Re-



**Lt. Gen. James R. Helmly, Chief, Army Reserve, talks to Soldiers at the 7th Army Reserve Command in Schwetzingen during a Battle Focus Readiness Review briefing at the 7th ARCOM.**

serve here in Europe you need a large United States military, slash, civilian presence. I found it interesting that at the height of U.S. military strength, in modern times, with approximately 300,000 troops from all services, that the 7th ARCOM was less than half of what it is today. So, we want to look hard before we make any deductions, but we may have to make some changes in the structure."

Although numbers may be rising within the 7th ARCOM, Helmly said

he understands Soldiers' concerns when it comes to the rising number of mobilizations and fears of Army Reserve assets possibly being over utilized.

"Op-tempo is a relevant thing," said Helmly. "Some Soldiers can and would like to be mobilized for years on end, and others have an issue with being mobilized for more than six months. You cannot change the length of a deployment to suit every Soldier's need."

Helmly added that if you look at the number of Soldiers who complain about their deployments, it's relatively small.

"The ones who do complain are mostly the ones who didn't want to mobilize," said Helmly. "I just have to be frank with them. That's why we're here. We're here to serve on active duty when needed, and sometimes that means going into a combat zone. So, I cannot apologize for that. What we have to do in an all-volunteer force is structure and manage ourselves so that we provide reasonable periods of rest, refit, and reconstruction."

Helmly said for an Army Reserve Soldier this means not only renewing relations from a personal and family perspective, but also with their civilian employer.

Helmly ended with a word of praise and caution for his fellow Army Reserve Soldiers.

"I take great pride in being called a Soldier because of their sacrifice," said Helmly, with an air of pride on his face. "Our Soldiers are doing a magnificent job, both when they're mobilized and when they're not mobilized. But, I would caution everyone. It's not sufficient just to take pride in the job you did yesterday, you have to prepare yourself for the job tomorrow."



# Rest & Relaxation

Story by SSG Debra L. Couture

It is 0400 hours, the wee hours of the morning, in an empty Rhein-Main Air Base Terminal. The first flight from Kuwait arrives, and waiting for it is the 464th Replacement Company. Instead of being snug in their beds, they are already at the R&R Processing Center awaiting the flights carrying Soldiers who are anxiously preparing for a long anticipated rest and relaxation.

The 464th Repl. Co., a unit with the U.S. Army Europe's 7th Army Reserve Command, is based in Kaiserslautern, Germany. The unit, which was mobilized in March, is responsible for receiving, briefing, processing leave forms, and accounting for all Soldiers arriving from Kuwait who are participating in the Central Command Rest and Relaxation (R&R) program. The Soldiers come primarily from Iraq and Afghanistan to the centralized location in Kuwait and then go to their destination. The unit also processes Soldiers returning to their units after their R&R is completed.

Since this R&R processing mission began last year, more than 100,000 Soldiers have been through the processing station.

"We mobilized on March 13, 2004, for one year," said 1st Lt. Paul Nuernberg, commander, 464th Repl. Co. "We have had Soldiers performing this mission on annual training (AT) and active duty training (ADT) since October 2003."

"Our Soldiers that began this mission on AT last year were instrumental in establishing the basic guidelines we use today, but the process is continuously refined as improvements or deficiencies



**Staff Sgt. Cedric Headley, R&R NCO, 464th Replacement Company, briefs the nearly 250 stateside-bound Soldiers on Rest and Recuperation Leave at Rhein-Main Air Base, Germany.**

are identified," Nuernberg said. He added that the 464th polished the process to get the Soldiers on their way to R&R or back to their units as quickly as possible.

There are special cases. "One PFC had family that she wanted to visit in France and the United States," said 1st Sgt. Kirk J. Creviston, first sergeant, 464th Repl. Co. "She was told it was going to be impossible, but

*"I enjoy my job - taking care of the Soldiers."*

Sgt. Kirk J. Creviston

with her paying a little money out of her pocket, we were able to arrange it for her."

"It only takes a few minutes to process each Soldier, then get them on their way to the transportation mode that will take them to their R&R destination or back to their unit," Nuernberg said. "The greatest challenge is to treat each Soldier as they should be treated, in spite of the fact that we may see from 300 to 1,200 Soldiers every day. We have to let each and every one of them know that their sacrifice is appreciated, and we will move mountains to get them on their

way to their R&R destination."

Creviston said if they have to get up from behind their desks and take a Soldier to the airport to make sure they get on the correct plane, then that is what they will do.

"We want the mission to keep going so we, first lieutenant Nuernberg and I, step in to take care of the abnormal issues that come up," he added.

Nuernberg said that the unit's mission is personally satisfying. He added that when Soldiers coming back from a combat zone see his unit's woodland BDU's, they realize that they are now far from harm's way. They shake hands with members of the 464th and tell them how much they appreciate the support they are providing them.

Actually being able to take care of the Soldiers and get them to where they need to be is what Creviston said gives him the greatest satisfaction.

"I enjoy my job - taking care of the Soldier," Creviston said.

Nuernberg said with Rhein Main closing, the R&R flights will probably shift to Ramstein Air Base. The 464th Repl. Co.'s mission of R&R support continues today.



# *Mobilizations & Demobilizations*









The 1st Infantry Division (ID) Detachment, Rear Operation Center (ROC), became the first Army Reserve unit in Europe to receive the “Welcome Home Warrior-Citizen” award (an initiative of Lt. Gen. James R. Helmly, chief of the U.S. Army Reserve) during a welcome home ceremony recently held in their honor.

The 1st ID ROC deployed to Iraq in February of 2004 in support of Operation Iraqi Freedom II. The Bamberg based Army Reserve unit deployed with 24 Soldiers holding military occupational specialties including: infantry; artillery; engineering; intelligence; chemical; movement control; and communications. Its mission was to support the 1st Infantry Division by establishing, maintaining, and operating the Task Force Danger Rear Command Post (CP). It’s also notable that the 1st ID ROC is the only Army Reserve unit assigned directly to the 1st Infantry Division.

“It was somewhat of a difficult mission in the beginning because we were the first rear operation center to establish ourselves on ground in Iraq,” said Col. Michael J. Sinnott, commander, 1st ID ROC. “The

prior unit that was there did not utilize a rear operation center, and to my knowledge, we were the first ROC to establish a rear operation center and a division rear CP in Iraq. This was an initiative of Maj. Gen. (John) Batiste (commander, 1st Infantry Division).”

Sinnott said he contributes the success of the unit’s mission to being provided the opportunity by Batiste to keep a majority of his unit intact throughout their deployment.

“Maintaining a majority of the unit together was a first for a ROC in Iraq, because every other rear operation center that has gone down there has been split-up to be more of a replacement detachment,” said Sinnott.

The commander said the Soldiers were one of the only units that worked 24 hours, seven days a week during the 366 days they were in Iraq.

“The Soldiers worked very hard the entire time we were in Iraq and they did an outstanding job under the strenuous working conditions,” said Sinnott.

One of those 1st ID ROC Soldiers

was Master Sgt. Andre Paige, a senior battle staff NCO during the unit’s mobilization. Paige said the unit went through some stressful times, but because they worked together as a team, no task was too big for them to handle.

“Some of the Soldiers got a little stressed sometimes, which is common when you’re in a situation like we were in, but what’s great is that we were trained and more than prepared for this mission,” said Paige. “The good thing about being an Army Reserve Soldier in Europe is that we deploy in short notice, so we’re more active duty minded, which gave us an advantage when it came to being ready for the mission we had to do. I believe it played a huge part in our success.”

Sgt. 1st Class Ted Garcia, who worked as a 1st ID ROC battle staff noncommissioned officer, said he also believes their preparedness played a big roll in the unit’s success, but he added that the “unexpected”

# Army Reserve



(Left) Soldiers from the 1st Infantry Division Detachment Rear Operation Center were given “Welcome Home Warrior-Citizen” awards at a welcome home ceremony in their honor in February. The awards are part of a Welcome Home Warrior-Citizen program established by Lt. Gen. James R. Helmly, chief of the U.S. Army Reserve, to welcome back mobilized Army Reserve Soldiers. The 1st ID ROC Soldiers were some of the first Soldiers to receive the award.





**7th Army Reserve Command Soldiers from the 1st Infantry Division Detachment Rear Operation Center form together after a welcome home ceremony held in their honor. The Soldiers were deployed for 366 days in support of Operation Iraqi Freedom.**

# Soldiers return home

was a slight hindrance.

"When we first got there we didn't know what to expect, but once we got into the job we felt more comfortable because we began to understand what our role in the scheme of things was going to be," said Garcia. "That helped out a lot, knowing what our jobs were going to be and the environment we were going to be working in. The only thing we had to worry about was what direction the mortar rounds were coming from, but besides that everything else was good."

Paige said what was outstanding was the fact that the unit brought all of its Soldiers back safely under the dangerous circumstances.

"We may be a little mentally broke right now, but we have time to work

on that," said Paige. "Leaving no man behind, that's what it's all about. Bringing everyone back safely has to be our greatest accomplishment."

Sinnott said he could only find one word to describe the job his Soldiers did in Iraq: magnificent.

"There isn't a better adjective you could use to describe the 1st ID ROC Soldiers but magnificent," said Sinnott. "The division's motto is 'no mission too difficult' and the ROC certainly proved that right."

Proving their motto to be right was quite an accomplishment as Sinnott said, but as many of the Soldiers expressed, bringing every Soldier back safely to be welcomed home by their families was an even greater accomplishment for the 1st ID ROC.



**Command Sgt. Maj. Michael M. Harris, command sergeant major of the 7th Army Reserve Command (ARCOM), presents Master Sgt. Cedric E. Pitts (right) with the Welcome Home Warrior Citizen Flag as Col. Marion W. Liles (left), former deputy commander of the 7th ARCOM, holds the Welcome Home Warrior Citizen Award.**



# 7th Army Reserve Command Soldiers

Story and photos by  
SFC Derrick Witherspoon

**A**rmy Reserve Soldiers from the 7th Army Reserve Command (ARCOM) are supporting the Combined Joint Task Force (CJTF) 76 and International Security Assistance Force (ISAF) in Afghanistan.

As the Soldiers continue to support the Global War On Terrorism by participating in Operation Enduring Freedom (OEF), they are not only using their military occupational skills to insure mission success, but also their civilian skills. Many of the 7th ARCOM Soldiers participating in OEF are performing jobs where their civilian skills are a valuable asset.

Brig. Gen. Richard M. Tabor, commander, 7th ARCOM, is in Afghanistan supporting ISAF as the special advisor to the ISAF commander. Tabor supports the commander in coordinating activities and de-conflicting activities and operations between ISAF, Combined Forces Command – Afghanistan, and CJTF 76. Tabor, who speaks fluent Italian, was chosen for this position because of his language skills and his background in military operations.

Tabor said it's crucial that the 7th ARCOM, and other Army Reserve and National Guard assets, continues to support such missions as Operation Enduring Freedom.

"Our support to missions such as OEF is something that must be done and something the 7th ARCOM has always done," said Tabor. "We must continue to do this in order to demonstrate our readiness and relevance to support U.S. Army Europe and U.S. Forces in general."

As 7th ARCOM Soldiers continue to support Operation Enduring Freedom, many could say without a doubt that they are truly demonstrating their readiness and relevance today.





# Support Operation Enduring Freedom



(Starting left going clockwise) Staff Sgt. Darnell Rambert (left) and Sgt. Kelli Overturf, supporting CJTF 76, are chaplain assistants in Afghanistan; Staff Sgt. Nancy Flores, supporting CJTF 76, works on a Soldier's computer; Staff Sgt. Richard W. Penland (right), supporting ISAF, talks with an ISAF Italian Soldier; Staff Sgt. Gary D. Boatner, Jr., supporting CJTF 76, sets up equipment for a video teleconference; Staff Sgt. John R. Defrieze, supporting CJTF 76, coordinates the movement of detainees.



# 7th Army Reserve Soldiers In Action



Photo courtesy of SSG Michael J. Gallagher

Staff Sgt. Michael J. Gallagher, an Army Reserve Soldier with the 7th Army Reserve Command and the Armed Forces Cycling Team, races in the U.S. Cyclo-cross National Championships in Portland, Ore.



Photo by SFC Derrick Witherspoon

Sgt. Rebecca Ramage, 3747th Multifunctional Training Brigade-Europe, repairs a Soldier's weapon on a M-16 Range in Grafenwoehr, Germany.



Photo by SSG Timothy Emerson, KRSD 7th ARCOM

Capt. Ryan D. Bromenschenkel, an Army Reserve Soldier with 313th Rear Operations Center, uses a rucksack as a floating device during drown-proofing class.



Photo by SFC Derrick Witherspoon

Staff Sgt. Kevin W. Tevebaugh (right), 7th Army Reserve Command color guard, helps Staff Sgt. Tony C. Fowler with his harness as they prepare for the 60th Liberation Anniversary of Italy ceremony in Taglio Di Po, Italy.



# *Remembering The Soldiers We Lost*



*“We Will Not Forget”*





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